



5 Ideas for Emotional Healing



Allow Yourself to Feel

Suppressing emotions blocks healing. Let yourself cry, write, or sit with what arises.



Write a Letter You Don't Send

Write to someone who hurt you (or to your past self). Then burn it, rip it up, or keep it for closure



Affirm Your Worth

"I am safe to feel."

"I honor my emotions and let them flow."

"I am healing and growing every day"



Visualize Releasing Pain

Close your eyes and imagine placing your hurt into a glowing balloon. Watch it float away



Create a Comfort Ritual

Soft music

Warm tea

Cozy blanket

Essential oils



Emotional Healing Ideas

AW Chickering



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